

START WITH WHAT FEELS RECOGNIZABLE

Daily Pet Remembrance Planner

A quiet worksheet for choosing a memory, a place, and a repeatable ritual.

Use only the prompts that feel right. A small daily ritual can be enough; nothing here needs to become a display or purchase.

The memory I want close

Pet name or nickname

A phrase that sounds like them

A habit I still notice

A date I may want to mark

Choose one everyday place

☐ A window with ordinary daylight

☐ A desk or shelf I already use

☐ A quiet corner at home

☐ A private drawer, album, or digital folder

☐ Another place: _____

One-minute remembrance

What do I want to remember today?

What made this pet unmistakably themselves?

What can I do today that carries their care forward?

MAKE IT SUSTAINABLE

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Choose a rhythm that does not create pressure. It can change over time.

My preferred rhythm

☐ Daily, when it feels natural

☐ Once a week

☐ On a meaningful date

☐ Only when I want to

A simple plan

Place

Object, photo, light, sound, or activity

Time of day

Who may join, if anyone

Permission to pause

If a ritual feels like an obligation, simplify it or stop. The useful version is the one that respects your own pace.

Notes for a future keepsake or gift
